Physical Activity Logs for the Month of _____
for Students in Marching Band, JROTC I or II or Aerospace I or II

Student Name _____ Student ID # _____ Period # 6/7

Name of Class Marching Band Teacher Mr. Madrid

Students enrolled in Marching Band or JROTC or Aerospace Science must complete an Activity Log to document a total of 125 or more minutes of physical activity outside of regular school hours every 10 days.

2 Week Activity Log for the Weeks of: _____

Date	Activity	# of Minutes
	☐ Practiced/Participated in a sport/Marching Band ☐ Aerobic Exercise (running, walking, biking, etc.) ☐ Worked out at the Gym ☐ Other (describe): _____	
	☐ Practiced/Participated in a sport/Marching Band ☐ Aerobic Exercise (running, walking, biking, etc.) ☐ Worked out at the Gym ☐ Other (describe): _____	
	☐ Practiced/Participated in a sport/Marching Band ☐ Aerobic Exercise (running, walking, biking, etc.) ☐ Worked out at the Gym ☐ Other (describe): _____	
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	Total Number of Minutes	

Student Signature _____

Teacher Signature _____

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